

 South Farnham School <i>The Continual Pursuit of Excellence</i> Part of the South Farnham Educational Trust	PE Subject Knowledge Organiser		
	Spring Term	Year 6	Strands covered: Gymnastics

What prior knowledge should students have?

- Pupils have performed sequences using apparatus, individually and with a partner.
- Pupils have evaluated performances of themselves.
- Pupils have used strength, flexibility and co-ordination to improve the quality of their performance.

What skills will students learn? (Disciplinary Knowledge)

- To learn a range of balances and then apply them to a routine.
- To learn and apply a range of climbing and descending techniques to a variety of apparatus.
- To be able to identify the correct technique to perform a handstand, rolling and use strength to apply these skills to a routine.
- To know the importance of control when performing a routine in front of an audience.

What key knowledge will be taught? (Substantive Knowledge)

- The importance of working collaboratively with others to perform a routine.
- The children will understand how to analyse their performance to improve their routines.
- The ability to create sequences of balances and rolls that are both fluid and symmetrical.

Key Vocabulary	Definition
Control	In gymnastics, control refers to the ability to execute movements with precision, accuracy, and fluidity. This involves having a strong understanding of body awareness, spatial awareness, and kinaesthetic awareness.
Balance	In gymnastics, balance refers to the ability to maintain a stable position of the body, either static or in motion. This involves having a strong core, good proprioception, and the ability to make fine adjustments to body position.
Sequence	In gymnastics, a sequence is a series of movements linked together to form a routine. Sequences are choreographed to showcase a gymnast's skills, artistry, and creativity. Gymnasts must have good sequencing skills in order to perform their routines smoothly and efficiently.

Focus on Safety and Technique

Keeping Safe: Children to follow the correct movements and always use the apparatus safely.

Building confidence: Some gymnastic moves can be difficult or dangerous. It is important to build children's confidence when performing the moves and to not rush them.

Planning: Plan how to transition from one part of the lesson to the next. Where you're going to stand to watch them perform and to keep them safe.